

BF
811
.G5

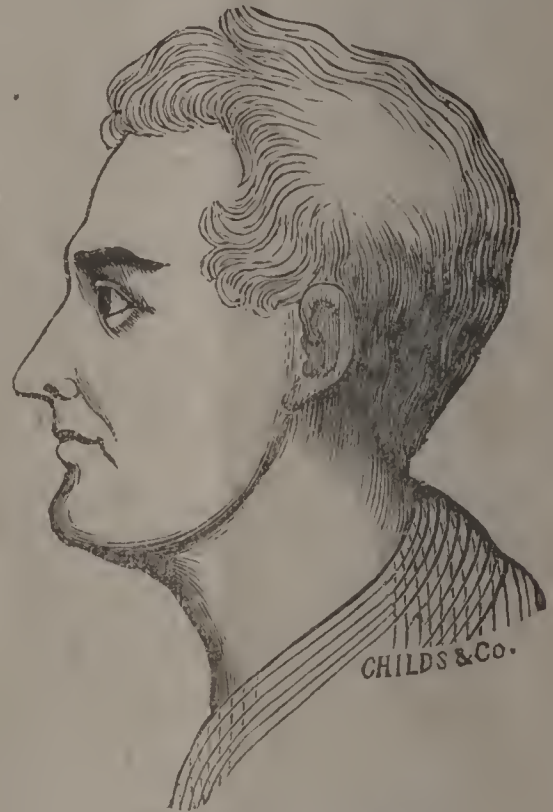




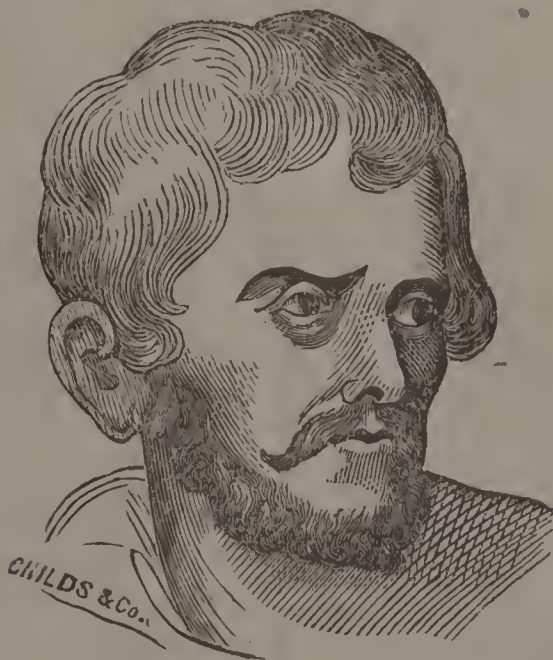
THE
TEMPERAMENTS:



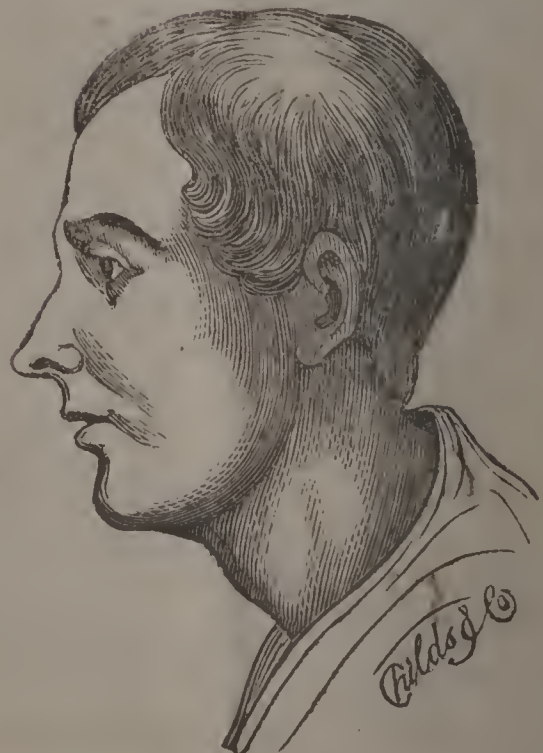
LYMPHATIC.



SANGUINE.



BILIOUS.



NERVOUS.

ON THE
TEMPERAMENTS;

OR

PHYSIOLOGY FOR THE PEOPLE.

A NEW SCIENCE,

AND A COMPLETE KEY TO THE MIND
OF MAN,

BY A KNOWLEDGE OF WHICH ONE PERSON CAN
READ THE CHARACTER OF ANOTHER AT
A SINGLE GLANCE.

BY DR. ALEXANDER GIBSON.

ALSO, CONTAINING SPECIFIC DIRECTIONS FOR THE PER-
FECTION OF CHARACTERS AND THE IMPROVEMENT
OF CHILDREN.

BASED ON SCIENTIFIC PRINCIPLES, & ENTIRELY
SUPERSEDES PHRENOLOGY.



CHICAGO:

PRINTED BY BALLANTYNE & CO., 63 CLARK STREET.

1853.

BF811
.G5

Entered according to Act of Congress. in the year 1852,
BY ALEXANDER GIBSON,
In the Clerk's Office of the District Court of Michigan.

PREFACE.

IN all ages of the world, much time has been spent by scientific men in endeavoring to study out some theory by which they would be able to read the characters of their fellow-men by an external observation; but experience has convinced us that, until about the middle of the present century, the result of their labors has been anything but satisfactory to the mind of the strict inquirer after such truth.

The time has been, that theories, when emanating from a high source, were looked upon with reverence by the great mass of mankind; but it is not so with man, particularly the American, in the middle of the nineteenth century. This is an age of investigation and improvement. He does not receive and treasure up new theories unsupported by evidence; nay, he cares not a straw for theory nor authority, unless they will stand the test of practical experiment. This is as it should be; and wherever it is otherwise, that nation or community will still be found entirely behind the times, and, in almost every department, be moving along at the same old stage-coach jog-trot rate of their forefathers.

Many theories have been set forth, and some have been handed down from one generation to another; but they have invariably vanished like the morning mist, wherever they have been exposed to the rays of the sun of truth—the fundamental principles of which being altogether insufficient to sustain them.

Even the more modern science of Phrenology: how much, we would ask, can mankind ever expect to be benefited by that science? It will readily be admitted, even by its best friends and most strenuous advocates, that it is inconvenient and unprofitable for all practical purposes, and is not at all adapted to the wants of mankind; for who, in this age of railroads and telegraphs, can take time to examine twenty or thirty bumps, and then compare as many certain conditions with perhaps fifty others, before they can arrive at a correct conclusion concerning the character of any individual. It is too late for all this, after we hear the whistle of the locomotive or the bell of the steamboat. But not so with physiology; for here we have the individual at a single glance. Indeed, the phrenological developments are nothing more nor less than the fruit or effect of a certain physiological condition. As a proof of this, the relative size of every organ of the head can be

given correctly by the physiological developments : this the writer has repeatedly done in the presence of many witnesses.

Again : Physiology, and physiology alone, teaches us the true art of cultivating and improving, to the highest degree of perfection, the mental and physical condition of man, for the mind and body are most intimately related to each other. Their interests must, therefore, be studied collectively, and not separately, as has been and is yet frequently the case, and as though the one existed and acted entirely independent of the other.

That part of physiology which relates to the number of bones, muscles, veins, arteries, nerves, &c., is no new science ; but the art of successfully reading the characters of our fellow-men by the temperaments, or physiological developments, is, we say, of recent origin ; and for the basis or outlines of which we are indebted to Dr. I. S. SMITH, of New York City, Professor of Anatomy, Surgery, and Physiology, who was the preceptor of the writer of this book ; and to which I have added the result of several years' professional observation and experience. This science not only teaches us, on scientific principles, how to read characters by an external observation, but also to cultivate and improve those characters to the greatest extent. This last qualification alone enhances the value of the science beyond all computation ; and, taken as a whole, it is a science that does and ever will stand pre-eminent—the fundamental principles of which challenge investigation, and defy criticism.

It will be noticed that this work is limited in extent, compared with the subject it embraces. I would, therefore, remark that it was not my design to elaborate arguments, but rather to condense facts and conditions, to state laws and results, and to crowd into the smallest possible space just such matter as learners need to know. Indeed, my readers will discover, in the perusal of this little book, the fact, that it requires study more than mere reading ; for, in a great many instances, it will be found that there are single sentences, each one of which would alone afford materials sufficient to occupy whole pages.

But I will not weary my readers with a longer introduction ; for, like myself, there are many who possess a considerable regard for brevity, and a decided antipathy to superfluous matter. I will, therefore, leave them to test by experiment the correctness of this science.

ALEX. GIBSON.

THE TEMPERAMENTS.

THE Temperaments are divided into four kinds—first, Lymphatic; second, Sanguine; third, Bilious; and, fourth, Nervous.

It is seldom, in this country, that those temperaments can be found pure in any one individual. We generally have the compounds, or a combination in different proportions, although one or the other may preponderate. Thus, if bilious and lymphatic are in the same individual, there may be two parts bilious and one lymphatic; or the other temperaments may unite in different proportions. And in all cases it will be found, that that temperament which occupies the ascendancy will govern and sway the individual who possesses it, in proportion to the extent to which it predominates.

We will proceed, first, to give a description of the pure temperaments, and of the character that accompanies each one; secondly, a few of the combinations; thirdly, rules for the cultivation of the temperaments; and, lastly, a few remarks on the value of the science.

LYMPHATIC TEMPERAMENT.

The Lymphatic Temperament is known by a pale, white complexion, fine light hair, frequently thin, full and round form of body, generally fat, and frequently having a double chin; the muscles are rather soft, the extremities are large, the joints covered with fat, and dark hazy sleepy-looking eyes; the blood is tardy in its movement through the vessels; the assimilating organs are generally good, and the appetite is strong and frequently indulged; their physical powers are generally limited, and in some particulars nearly or quite wanted.

This temperament is produced by the great activity of the absorbents, which are capable of taking up greater quantities of chyle, and more rapidly, than in any other temperament; consequently, a person in whom this temperament largely preponderates, or is entire, wants food in great abundance; although he may not be very fat, yet he has digested and carried into the system a great amount of nourishment, and in such cases the waste of the system is active. They defecate great quantities; their urine is frequent and high colored; the perspiration has a disagreeable odor, and the skin is rather greasy. These effects diminish in those who are

inclined to grow fat or corpulent. In the same ratio that this temperament exists, the individual will be averse to labor either of the mind or body, and will do no more than is for his actual interest, or what necessity compels him to; he will

“Turn on his couch

Like ponderous door upon its weary hinge,
And having rolled him out with much ado,
And many a dismal sigh and vain attempt,
He sauntered out, accoutred carelessly,
With half-oped, misty, unobservant eye,
Somniferous, that weighed the object down,
On which its burden fell.”

He is penurious and slovenly in his habits; his clothes may be clean, yet they do but hide a dirty skin. He will make a quiet neighbor, unless you disturb his miserly propensities, which will not allow a straw to be removed without payment. He will never refuse an invitation to dinner; in fact, he will gorge himself at the tables of others, while his own board will be spread with the cheapest fare. At an entertainment he will think more of the supper than he will of the amusements; he will be the first at the table and the last to quit it. He is always ready to receive, but never to give. He has a desire for learning, limited to the extent of his necessary business; while, generally, a good share of self-esteem makes him an apt critic. He is seldom or never raised to any eminence; the name of a rich man is preferred by him to any name upon the book of fame. He is a stranger to all feelings of sympathy for his fellow-creatures, and a beggar from such a one will receive more scowls than pence. He can never be a robber or a concoctor of treasonable or daring enterprises, although always “ripe for the spoils;” treason and stratagem are not in his nature; hence, Cæsar says, “Let me have men about me that are fat.”

A person of this temperament feels but little attachment to the opposite sex; he has little desire to love or be loved; the beauties and excellencies of females do not excite his admiration; he is only moderately fond of children, as they are too much trouble and expense; he has few friends, and will sacrifice nothing for them; he takes care of self first, and makes friendship subservient to interest. He prefers to live in one house or place, but takes little interest in improving it, and will readily change it when interest requires it; he is exceedingly close in making bargains; he communicates but little respecting his pecuniary affairs, and will resort to many little cunning devices; he incurs no risks, but is always on the safe side, and binds everything sure that he may know just where to find it; he seldom loses anything, and gives or spends money only when it is sure to be returned with interest. He has little regard for popularity, and is not at all mortified by censure. He estimates himself above all others, as

well as his sayings and doings, and will very frequently strut around with the greatest degree of dignity and self-sufficiency; yet he is anything but high-minded, and will frequently demean himself. He has few conscientious scruples, and has therefore little regard for moral principle, justice, etc.; yet he cannot be provoked to rage or violence, but will punish his adversaries by bestowing upon them some severe epithets—he is averse to crime, lest self might suffer. As a matter of course he has little of the innate spirit of devotion, is not easily impressed with the worshipping sentiment, and will be more moral than pious; and could about as easily go through the eye of the needle, as to give all his possessions for the promises of the next life. He cares but little for the happiness of his fellow beings, and will make no sacrifices for them; he will do few acts of kindness, and then very grudgingly; he is not deficient in mechanical skill, but can improve on the contrivances of others, yet has not sufficient energy for mechanical purposes; he has little taste for manners and refinement, and does not enjoy the grand and the sublime; he has the ability to relate anecdotes, mimic and act out almost anything to the very life, and will frequently gesticulate much while speaking,—will imitate the oddities of others and can be extremely droll and humorous,—can keep a whole company in a complete fit of laughter; he has some theatrical taste and talent, and with a good share of the nervous temperament he makes a superior artist. His arguments generally consist in ridiculing and showing up the absurdities of the opposite party.

Those persons who are noted for eccentricity of character invariably possess a share of this temperament; and although it may not be a very large share, yet you will notice it by the following signs:—they will have a little stoop of the shoulder when walking, which sets the head proportionably forward, with the top of the head sometimes thrown a little backward, which causes a projecting forward of the chin. They have considerable freedom and power of expression, and easily select just such words as will convey their meaning; they will not cultivate the intellectual capabilities any more than is absolutely necessary for the acquisition and accumulation of property.

This temperament will bear the effects of ardent spirits to a great extent. The circulation of the blood being slow, and the absorbents so very active, together with the regular action of the bowels, that drinking to the greatest excess will scarcely induce diseases of an inflammatory nature; neither will it when the individual is composed of bilious and lymphatic. Yet, after all, they will die a premature death from disease induced by intemperance; because, from constant and over-exertion the absorbents, as well as the kidneys, become exhausted and finally cease to act, and the individual dies of the dropsy or gout; or he may recover, but only to

die from a subsequent attack,—for such individuals, when once fairly afloat in the current of excess, rarely reform, owing to the great and increased hankering after something stimulating. I mention this, for the reason, that the question has often been asked—Why will some individuals bear the effects of intemperance to such a great extent?

SANGUINE TEMPERAMENT.

The sanguine temperament is known by a well-defined form, moderate plumpness or rotundity of person, the flesh is firm, the muscles and tendons are well and strongly marked; all the joints are small, while the chest is large; the head is rather small, the countenance is flushed, the hair is light and inclined to chestnut; the eye is blue and restless; the stature is erect, with the head well up; the movements of the body and mind are quick and vivid, and the memory prompt.

This temperament is produced by a capacious chest and lungs, and the free absorption of oxygen received from the atmosphere. This oxygen, and the great rapidity with which the blood moves through the lungs, creates (according to Professor Liebig) and increases heat, which gives to the brain its great and frequent over activity, and to the muscles their redness, strength, and size. When we consider that the heart and lungs are large, and propel the blood with velocity through the entire system, it is easy to imagine that the mind and passions must be quick, and that, in consequence of so much vascular action thrown on the muscles, they in turn, must be increased in size and power, endowing the physical system with great strength; while the brain, which is small, is easily excited and often impells the individual to hasty and inconsiderate actions which he soon has to regret. The larger the heart and lungs, the greater will be the courage of the individual: he will break through all obstacles that may stand between him and that which is to satisfy the present desire;

“That unconquered soul,
No laws can limit, no respect control.”

A person of this temperament is never idle either in mind or body; is always full of business, has unbounded expectations, is always ready to start on any new project that his erratic brain may prompt, regardless of the consequences. He is always wanting to get rich in a day, and is always reaching after something that he seldom attains to; he contemplates the future with high expectations of happiness, and dwells upon his projects and his prospects with bright anticipations of success; he will magnify advantages, and diminish obstacles; will dwell upon the fairer side

of prospects, and will take only a slight glance at discouraging circumstances; will promise himself and others more than is reasonable; will attempt too much, and will look upon even difficult attainments as very easy; be subject to frequent disappointments, yet neither disappointments nor misfortunes will damp the ardor of his hope; will be always on the tiptoe of expectation,—is cheerful and lively, and thinks himself adequate to almost any undertaking. Yet his labor seldom amounts to anything; for such an individual is fickle-minded, irresolute, undecided, impulsive, changed by the slightest motives; a creature of circumstances, and is as unstable as water. This individual, surrounded by good influences, will at times be somewhat moral and religious in feeling; yet he cannot withstand his larger propensities, and is easily and frequently led into temptation. He indulges freely in the pleasures of life, worshipping at the shrine of Bacchus, while the gambling table is the altar at which he sacrifices. Although in rags, he will walk with a haughty air, a libel on the image of his God. His temper is ungovernable, and he is therefore easily excited to acts of violence; he is however easily persuaded, but cannot be driven, as he is full of the spirit of resentment. He will become enthusiastic in telling what he has done and can do. He is forward and talkative, acts just as he feels; speaks just what he thinks without any regard to time, circumstances or manner: will give frequent and needless offence; and, indeed, is often understood to say more than he even meant or intended to say, and is exceedingly liable to say and do wrong. If he commits a foul act, it is done in a hurry, at the impulse of the moment, and is seldom or ever premeditated; and when caught (which he is almost certain to be,) he soon confesses the whole, and is deeply contrite for what he has done, and would do all in his power to place things as they were before. He manifests guilt, in fact his countenance betrays the inmost workings of his soul.

“How comes the wanton blood up in your cheek,
They’ll be in scarlet straight at any news.”

He will never remain in a place where he has been guilty of any bad action. He will resolve and again resolve on amendment, but is again overcome. He estimates the presence of the opposite sex more than their minds, and experiences more animal passion than conjugal love; is capable of coquetry; and can form one attachment after another with comparative ease. He is strongly inclined and urged to profligacy, licentiousness, vulgar allusions, indelicate expressions and jests, and to the relation of obscene anecdotes. In love he is more fickle than the wind, and at the very time one would suppose him fast in the snares of the wily god he is the furthest off; and yet disgust follows close upon the heels of his pleasure. He is considerably fond of children and will frequently

play and sport with them, and can gain their affection ; yet is sometimes too indulgent, and at others is liable to punish them severely for trifling offences. He is warm-hearted towards his friends, and nothing is too good for them ; he will readily take their part, yet he is so desirous of being thought and spoken well of—of being noticed, commended, esteemed, praised, and admired, that he is quickly offended by any coldness or apparent neglect, and is too ready to construe any want of attention, into dislike ; and therefore will seldom retain them long ; yet he will not unfrequently and immediately go and sacrifice his honor on the altar of his larger propensities. He is bold, haughty, domineering, forward, conceited, and jealous, and is perfectly blind to his own faults. As his volatile propensity will not allow him to think or act long enough on any one thing to perfect it, he can therefore never be a man of science, for want of application. He can never make a good governor in any situation, as his want of reflection will lead him to acts that he will soon regret. He will make a general scholar, rather than a critical one, and is more apt to have a little knowledge of many sciences rather than a profound knowledge of any. He will soon get weary of one book, one piece of work, one study, &c., takes up another, and again returns to the first ; prefers short pieces of work and short studies upon various subjects to long ones upon any. If he arises to address a public assembly you may expect to hear a rough and boisterous harangue, a storm of windy words which soon blows over, and then the speech is done. Arouse his sympathies in your favor, and he cannot do too much for you ; praise him, and he works well. He will frequently change the place of his abode, as, however much he may be interested in persons, places, or things, his thirst for variety is so great that they will soon lose their charms, and he will then sacrifice them all for something new. He places but little value upon money, spends it without sufficient consideration, and frequently without getting its full value ; will not save such small sums as shillings or dollars, but will spend his last dollar as freely as his first ; he thus lives on enjoying the present, willing to let the future provide for itself. He will frequently run in debt without making any provision for its payment, and cares not how expensive things are, provided they take his fancy. In fact he will decide and act without due deliberation, forethought, or discretion, and will drive forward in such a furious and reckless manner that he frequently defeats his own plans, and is often obliged to undo what he has done. He generally enjoys good health, and when sick it is almost always of an inflammatory disease.

BILIOUS TEMPERAMENT.

The bilious temperament is known by coarse and dark hair, black eyes, the sclerotic coat of which is sometimes tinged with yellow; the skin is dark and sallow, the expression of the countenance is strong, and the eyelashes heavy; the whole body is rather thin, yet the muscles are hard and firm; there is a uniform size of the head and chest, yet the whole contour of the individual is rather forbidding.

This temperament is produced by an excessive action of and determination to the biliary organs; the pulsation is slow, and the circulation through the lungs and system is sluggish; the digestion is good, yet the appetite is not craving. In consequence of the slow movement of the blood through the lungs, it does not receive a great amount of oxygen; and consequently, so much heat is not generated and thrown on the brain as in the sanguine. The result is a slow but sure movement of the brain, mind, and body. There is a strong determination of blood to the biliary organs, yet all the musculer system is firm and strong; and in this respect, and in the bony structure, this temperament is closely allied to the sanguine.

An individual of this temperament is slow to action, takes his own time for it, and is not easily excited by sudden events; dwells patiently on any subject of interest, considers well the chances, both for and against him, goes to the very bottom and investigates them thoroughly before decision or action; he will then act with spirit and energy, combined with the most unbending determination. He combines discretion with valor, intrepidity with carefulness, and is always perfectly self-possessed; makes every effort tell directly on the object in view, will seldom retrace his steps or undo what he has done; he may at times seem to drive forward with some fury, but will generally steer clear of everything that can upset his calculations or obstruct his progress; when fairly aroused his mind is inflexible; he is bold and resolute in whatever he undertakes, never ceasing until it is executed; his courage and activity are equal to any chance to which he may apply them. He keeps his own counsel; discloses his feelings to none, is crafty, reserved and mysterious; will effect his purpose indirectly and without detection; can govern his feelings and restrain all the open manifestations of anger, joy, grief, &c., and can also banish from his countenance and appearance the indications of his real feelings; is careful in what he says, is not free in expressing his feelings, is slow to communicate, form attachments, or make acquaintances; does not make the first advances to strangers, but is always wary and on the alert, will use flattery when occasion demands it for the

accomplishment of some object, but cannot himself be flattered; generally answers questions and expresses opinions in an ambiguous, equivocal, evasive, or indefinite manner, which will bear different interpretations—so that he seldom commits himself; yet he thinks a great deal; employs art, cunning, management and manoeuvre; pries into the secrets of others and sounds them closely; generally judges correctly of character, and so successfully conceals his own that but little is generally known of him even by his most intimate acquaintances; to sum it all up, he is dark, secret, and mysterious, and will generally accomplish his purposes by some means.

The bilious temperament is ambitious; the individual possessing it, although born in obscurity, will, by his indefatigable assiduity, win the hill of fame in whatever road he takes; he lays his plans for a long time to come, and bars the door of his mind against everything designed to turn him, and can only be turned aside by impossibilities; his march is onward, and although slow it is sure.

He will be the ruler in all things, if possible, though not apt to rise upon the wings of popular opinion; is never content to be dependant or to serve, but rather aspires to be himself a leader and commander; he is not governed by any particular or fixed standard of moral principle; is austere and independent, and lacks condescension requisite to become popular. As a ruler, when judgment or interest requires it, he will do just what he chooses to do, go straight forward in his own way, follow his own judgment, and defy the consequences; he can never be made the instrument in the hands of others; he will crush alike his friends and foes to reach the object of his desire, and whatever secrecy, ambition and a settled determination can attain it must be had,

“Though the crushed world curse him ere it dies.”

Hence, Cæsar says—

“Would he were fatter:—But I fear him not;
Yet if my name were liable to fear.
I do not know the man I should avoid
So soon as that spare Cassius. He reads much,
He is a great observer, and he looks
Quite through the deeds of men; he loves no plays,
As thou dost, Antony; he hears no music;
Seldom he smiles; and smiles in such a sort,
As if he mocked himself, and scorned his spirit
That could be moved to smile at anything.
Such men as he be never at heart's ease,
While they behold a greater than themselves;
And therefore are they very dangerous.”—*Shakespeare.*

Such an individual generally calculates with accuracy, is not often led astray by favorable prospects, relies more upon the dictates of reason than the promises of hope, and will, therefore, gene-

rally accomplish more than most others; he receives no new doctrine or theory unsupported by evidence, and will not be convinced of the truth of that for which a satisfactory reason or explanation cannot be rendered, but must know upon what principle of reason, or of cause and effect, those things are to be explained; will scrutinize closely every point of argument and be convinced only by solid evidence; he generally has religious views peculiar to himself.

He will make a good mechanic; yet his talent is better adapted to the making of articles which combine utility rather than elegance he likes to inspect machinery, wants to know upon what principle it acts, and will readily detect faults in it; he will make a good engineer, is apt to spend considerable time in trying to invent perpetual motion. He is interested in his children, and will spend money freely for their education; he is not apt to be a very great favorite with them, as he is generally too deeply engaged in study to pay much attention to them, yet he is not easily interrupted by them in their plays and seldom gets out of patience with them. As a man of science he searches deep and confines his attention chiefly to the investigation of first principles; as a public speaker he will rely more upon matter than manner, upon facts and arguments than he will upon elegance or drapery of style, and will himself prefer those speakers who do the same; he seldom fastens the attention of an audience; he is a man of sound practical sense; of solidity rather than refinement; does not indulge in the revelings of imagination, nor is he enraptured by his own contemplations; if he reads poetry it is for the argument, history, or philosophy it embodies, more than for its glowing imagination or vivid fancy. He will be great for virtue or for crime; his vengeance may sleep for years, but can seldom die; his affections and his hate are alike unalterable, although he may smother both to accomplish some desired end. An injury or a favor is never forgotten. None but a bilious temperament can plan and execute a "deep and damning plot" without detection; if he murders his detection and conviction are doubtful as he will never allow his countenance to be the index of his mind, like the sanguine, who betrays the inmost workings of the soul. In this temperament the faculties, both physical and mental, are early developed, they may be boys in age but men in action.

"Cardinal Richelieu, who possessed this temperament nearly pure, began when a boy and soon raised and maintained himself in the highest ranks,—feared by a king whose authority he established, hated by the nobles whose power he destroyed, haughty and implacable towards his enemies and ambitious of every road to glory." Such persons do not make good governors; in schools they are too stern and self-willed, not easy in their manners, and small, trifling matters cannot occupy their mind. They indulge but little in the pleasures of the table, as they care more for food

for the mind than for the body. They are sometimes subject to melancholy, and when so, their temper is violent, petulant and irreconcilable; they think the whole world is against them; if insane, they are turbulent in all their actions and very difficult to manage. The diseases to which they are subject are generally of a bilious kind.

NERVOUS TEMPERAMENT.

This temperament may be known by a large head, light eyes, small chest, thin hair, and rather a pale look. The muscles are thin and soft, the body is weak and cannot endure hardship, the head is rather inclined forward, but taking little notice of what is passing, seldom seeing a person first; all the movements are quick and restless.

This temperament is caused by, or is the result of, a weak and debilitated circulation. The chest is narrow, and but a small amount of oxygen can be thrown into the system by reason of the contraction of the lungs, there not being a sufficiency of surface for the atmosphere to spread on, in order that the oxygen may be absorbed and carried into the circulation.

We see in the lymphatic temperament the great action of the lymphatic absorbents, craving and carrying so much nutriment into the system. In the sanguine we see the increased circulation predominating; while in the bilious there is an excessive action in the biliary organs; and in the last we find there is a greater activity in the nervous system. The brain is large, the susceptibility is quick, giving a quickness to all the movements of the body and mind. The health is generally poor, the constitution is delicate, and cannot stand much fatigue. There is a great mind lodged in a weak frame. A person of this temperament has but little power of body, not sufficient, in many cases, to execute or obey the dictates of the mind, which is exalted and intelligent, refusing to stoop to any thing undignified. He will never be guilty of a mean or dishonest action, but will be just, obliging, and faithful to his word, and possesses true moral worth in a high degree. In fact he would on no consideration knowingly do wrong, or injure another. He would rather starve than steal, and would make any sacrifice rather than incur guilt; is tormented with the mere suspicion of having done wrong; and, indeed, so sensitive is he on this point that he frequently experiences the feeling of remorse for things that are even right; and if he is suspicious of having said or done wrong, he feels miserable until he is sure that all is right again. If he fails to fulfill a promise, he feels unhappy, even

though to have fulfilled it was impossible. He possesses a keen and discriminating sense of justice, right and wrong, &c., and is scrupulously exact in all his dealings; he will always take an open, fair, honest, honorable, dignified, and high-minded course, and heartily despise every thing like low cunning or management—employs nothing but fair means, and does nothing behind the curtain. He is eminently social and affectionate, enjoys the company of friends, will deeply sympathize with them in their distress, and will sacrifice much for their sakes; yet he will quickly but affectionately reprove them for wrong. He is a true-hearted and devoted friend; is always very polite, and will express his feelings in a refined, easy, and delicate manner. He will recollect, with vivid emotions of delight, the by-gone scene of social and friendly intercourse, and will rightly appreciate their character. In selecting friends, he requires first of all, that they be perfectly moral and honest. He highly estimates the company of the opposite sex; is quite sensible to their charms; and will exercise towards them more pure love and virtuous affection, more pure and sentimental friendship, than mere animal feeling. He treats them with a refinement and delicacy of manner, and is exceedingly disgusted with vulgarity, particularly in females.

He is deeply interested in children, willingly endures paternal care and toil, spares no pains in educating them, in chastising them he spares the rod, and mingles with his government, mildness and affection. He considers them his greatest treasure, will make them many presents, has a happy talent for instructing them, cannot bear to be absent from them long at a time, will feel more anxiety concerning them than he will for his property, and will grieve immoderately at their loss. Mothers in whom this temperament predominates are devotedly attached to their children, and treat them most tenderly.

An individual of this temperament is not contentious, but has a mild, amiable and inoffensive disposition; avoids quarreling, and will not unfrequently surrender rights rather than contend for them; he will say but little in return if insulted, but will grieve over it by himself; yet is always ready to overlook injuries, particularly where forgiveness is asked; he will seek retirement from the noise and bustle of life, in literary and scientific acquirements, and religious devotion, and will frequently contemplate the perfections of Deity; has a strong religious tendency of mind; will pay respect to the religious opinions of others, and will always treat his superiors with deference, and his equals with respect. He will have a taste for the fine arts in all their branches; he requires to be alone in his studies, being easily interrupted in his plans or work, owing to the extreme sensibility of his nervous system, for he gives his whole mind to one and but one thing at a time, and will hold his mind to a train of thought, subject of study, or piece of

work until they are entirely completed. In pecuniary matters he is neither prodigal nor penurious, spending money freely in supplying the wants of his family or for the advancement of the benevolent objects of the day ; indeed he will frequently grieve over the miseries of mankind, is moved at the sight of pain and suffering, and will bestow gifts in such a refined and delicate a manner as not to oppress the recipient with a sense of obligation. In fact there is no predisposition in this temperament to be the miser or to hoard up the things of the world ; on the contrary, to have a good and honest name is the height of his ambition. His feelings are deeply wounded by the finger of scorn, and is unable to bear up under ridicule ; he will never thrust himself forward, but rather requires urging to speak or write what he may know ; he frequently experiences much of the feeling of unworthiness and inferiority, and is frequently undervalued by others ; he is apt to brood over misfortunes, dwells chiefly upon the dark shades of the picture, and will borrow a great deal of trouble even in prosperity ; he considers the common standard of friendship so very low, and its exercise so imperfect, as to make him dissatisfied with life, because he will be able to find but few minds of kindred sympathy and pathos with his own.

This temperament must greatly predominate in a person who is a good portrait or decorative painter, for the predominance of any other temperament would not allow of that fine taste requisite in this profession ; he could not pore over his work with that careful assiduity so necessary to make a canvass breathe ; the minor points would be passed unheeded ; persons of this temperament possess exquisiteness of taste and feeling, a brilliant fancy, an admiration of the elegant, the beautiful, the gorgeous, the ornamental, the perfect and sublime ; of the fine arts and polite literature ; of music and poetry of a high order, and of eloquence ; cannot admire the coarse, the vulgar, or the gaudy ; their productions are never of a light or trifling nature ; they can never write a comedy, as their ideas are always reaching after the sublime and beautiful ; they will relish everything fanciful and exquisite wherever it is to be found. As mechanics they will readily learn the use of tools, and will give a peculiar finish and neatness to all their work, and will excel in making fine and fancy articles. They are good advisers in matters of the fine arts or literature, but bad in anything that requires boldness or much physical energy to execute, always taking the dark side of the picture. He will govern by moral suasion instead of force.

If this temperament was cultivated to the extent to which it might be ; we would seldom hear of man's inhumanity to man ; our newspapers would then cease to record deeds of violence, bloody murders, and suicides ; and never until then.

The reader will perceive by the description of the temperaments, when acting singly, or where one greatly predominates, as here given, that the individual, let his ruling temperament be either of the four, must be of an unhappy disposition. He is urged on to the extremes of gluttony, drunkenness, and avariciousness in the lymphatic; boisterous, restless, and inconstant in the sanguine; cool, calculating, and treacherous in the bilious; and, timid and foreboding in the nervous.

These temperaments are nevertheless capable of being modified or extended to their fullest extent by circumstances, but when left to act free and natural, all the different modifications existing in an individual will be shown as exigencies may call them into action, either singly or compoundly. Says Dr. Smith: "In order more fully to test the correctness of this theory, I have frequently visited our police and watch-houses, in order to see if the species of crime the prisoners that had been brought in had been guilty of, could be told before their accusation was made known. And in all my frequent visits to the several prisons, by studying the temperaments of the inmates I have seldom failed in telling the nature of their crime without the least previous intimation. If the sanguine predominates, his deed will be of a boisterous kind; and as we have before said, if he commits a foul act, it is done in a hurry, on the impulse of the moment, and is seldom if ever premeditated; and when caught (which he is almost certain to be) he soon confesses the whole, is deeply contrite for what he has done, and would do all in his power to place things as they were before. On the contrary, if the bilious predominates, all the calculations are made beforehand; even the smallest and most trivial points are nicely arranged, and after all the preliminaries are settled, in some dark or secret place, and the long premeditated villainy is executed—catch them if you can."

I would here remark, that we may have one temperament developed by nature and changed by the force of circumstances. For instance, if an individual of a sanguine temperament was confined in a prison until all hope of release or escape had vanished, his ambition would be broken, and his temperament would, to a certain extent, run into the nervous; but let him out suddenly to the air and freedom, and he will soon return to his former temperament. In this manner they may all be affected, by forcing them into contrary channels; yet they must be kept so, or they will soon return to their natural element.

It will be seen that all the vicious or evil propensities of mankind are located in the sanguine and bilious temperaments, and it will be found that the individual in whom either may predominate, is capable of performing the crimes allotted to each.

The other two temperaments are averse to crime. The nervous is so exalted and high-minded that he would rather starve than

steal; the lymphatic is fearful he will have to work while in prison, or that the food furnished will not be sufficient for his gluttonous appetite; he cares less for the obloquy attached to a prison, than he does for the accommodation. But because the person has got the power to be a knave, it is not pretended that he must be one. We want the sanguine to give force and energy to our physical capacity, to enable us to endure the fatigues that the nervous or great mind directs; we want the bilious, that our acts may not be hasty, that we may take time to think and reflect, to make deep and searching calculations, and to give us perseverance and patience in any pursuit; and the lymphatic is necessary to give us a degree of relish for the natural aliments of the body, and to deter us from giving when the object is unworthy or not entitled to the intended benefice.

COMPOUND TEMPERAMENTS.

TWO PARTS SANGUINE AND ONE BILIOUS.

This individual may be known by brown hair, dark or grey eyes, yet on close observation a bluish tinge may be seen in them; he will not be fat, but solid, with strong muscles, large chest, rather small but erect head; his memory will be prompt and good, his countenance rather rough, and considerable hair on his body.

Such an individual is capable of doing a great amount of labor, he will rise early and go to bed late, enduring long fatigue; his sanguine gives him force, while the bilious renders him persevering. If brought up in idleness and immorality, he will indulge in all the low vices, carousing, gambling, and debauchery; but if properly educated, and good examples are set before him, he will make an ornament to society. He will govern well, but will not be governed in a dictatorial manner, he can be persuaded but not driven. On general subjects, his advice is good, although rather forward, talkative, and commanding considerable respect. He will not be liked as a public speaker, his roughness is too prominent. He will make a good mechanic.

TWO PARTS SANGUINE AND ONE NERVOUS.

This individual is known by a bluish eye, rather light hair, large chest, a good sized head, body not fat, muscles middling firm, and the countenance fair. Here we have force of mind and body, he will speak well; having a taste for fine words and fine things, the workings of his mind can be thrown off to good advantage, though rather quick. He will make a good lawyer or minister, being capable of giving great force and effect to his language; he is am-

bitious of a high station, where he can show off his arguments. He is proud and imperious in his manners. Such an one will get through the world well, though seldom rich. He will govern well, and at the same time can be governed. He will never make a good mechanic, for want of patience (bilious.) He may write well, but is seldom an author of works of much magnitude, for the same reason, he cannot dwell long enough on any one subject at a time without great difficulty.

SANGUINE AND LYMPHATIC.

The sanguine and lymphatic do not combine well without the intervention of a third; but when they do combine, either two parts sanguine, and one lymphatic, or the reverse, we generally find a simpleton, because the sanguine makes them boisterous and the lymphatic gluttonous. In a majority of cases in which the individuals are born with these temperaments, we will see a noisy, voracious disposition, rather indolent, though ferocious when excited for a moment; every thing must give way for their dinner. They generally grow up powerful and athletic.

TWO PARTS BILIOUS AND ONE SANGUINE.

When there are two parts bilious and one sanguine, being the reverse of the first combination, the individual will be known by dark hair, dark or grey eyes, rather dark complexion, the muscles will be marked, a coarse made person, lean, although stout; such an one has the slow, cool, calculating action of the brain, yet with a sufficiency of sanguine to give him force. He has the faculty of contriving and carrying out to the end any project he may think best to engage in. He is a good traveler, being able to endure great hardships. He will make a good soldier for an exterminating war, being brave, selfish, cruel, and ambitious. Says Dr. I. S. Smith: "this has been the temperament of several noted pirates whom I have examined."

In general the body and mind are sound, but the individual is not apt to seek for the highest rank in society, though if they possess it, they will never relinquish their claim without a struggle. Their conscience is to a certain extent limited. Their plans are never brought out until well matured, and then they must never rest until they are consummated. In fact they never tire, either in mind or body. As masters of vessels, and in all cases where it requires a stern and persevering government, they are the best qualified. As public speakers, their arguments may be good and their language well chosen, yet they will seldom succeed in fastening the attention of an audience.

TWO PARTS BILIOUS AND ONE LYMPHATIC.

THIS individual may be known by dark or black hair, dark eyes, rather a pale look, and is inclined to be fat, although he may not be corpulent. This individual is of a far-reaching, grasping disposition, and is well calculated to accumulate property. His bilious enables him to lay deep and generally successful plans, while his lymphatic knows how to take care of what comes into the treasury ;—will seldom buy, sell, or barter without getting the best end of the bargain ; keeps an exceedingly sharp look-out, and seldom meets with losses ; does not desire the highest position in society ; is a good neighbor, and minds his own business ; and is much better satisfied with this world as it is than many other individuals.

TWO PARTS BILIOUS AND ONE NERVOUS.

This individual may be known by black and rather coarse hair, dark eyes, good sized head, the whole body rather thin, and the face inclined to be pale.

An individual of this temperament is ambitious of a high station, will plan and execute well, is moderately easy in his manners, will make a good lawyer or a sharp, shrewd speculator, and is capable of conducting business on a large scale ; he will make a good mechanic, having a good taste, combined with perseverance, although he will not be satisfied with anything less than the office of overseer ; he will sometimes be irritable and difficult to please.

EQUAL PARTS OF SANGUINE, BILIOUS, AND NERVOUS.

This conjunction may be known by light brown hair, generally fair complexion, although sometimes a little sandy, bluish gray eyes, sharp and expressive, moderately firm muscles, good sized chest and head, manners easy and familiar. In such a person there is the energetic sanguine, steady bilious, and high-minded nervous ; giving at once great powers of body and mind, a high-toned persevering ambition—"Fond of the power, but fonder of the prize ; fame, eternal fame, is the main spring of his life." His life will be devoted to making an impression on the world's history that shall endure for ever ; and he will succeed, for

His course is onward, like the mountain stream,
That seeks to pay its tribute to the main ;
Check its career, it overleaps the rock,
Or winds its sinuous course through other paths,
Until it hails the object of its aim.

His powerful mind will show itself on most all occasions : as a man of science, he searches deep ; as an orator, he stands unri-

valled ; his arguments are strong, and given with a force of language that fastens his opponents, and pleases while it kills. He is a true friend or an open enemy ; frank, free and generous, he will never despoil a conquered foe. As a ruler, he will not govern for to-day, but for ages yet to come ; with courage unquestionable, he will yet, if possible, gain his point by diplomacy, but if drawn to the field, he will generally conquer, his plan of action being more on the defensive than on the offensive. He is seldom gloomy or desponding, but on the contrary, he is generally cheerful, full of hope and patience, continuing to the end in all things.

EQUAL PARTS OF LYMPHATIC, BILIOUS, AND NERVOUS.

If we put Lymphatic in the place of Sanguine, we have nearly the same result as the former, only the energies are modified ; the individual is more penurious, and thinks considerable of his stomach ; is rather inclined to be fat, although not corpulent ; he will preside with dignity and judgment in any situation. He can bear confinement, and, consequently, will make a good accountant, clerk, or lawyer, etc. He will not be fond of moving, but is more domesticated. He has a noble mind, that when once roused to action, will perform its part in life's drama in a masterly manner ; he is seldom addicted to a life of profligacy, is easy in his affections, and vanity, to a certain extent, will govern all his operations.

TWO PARTS NERVOUS AND ONE LYMPHATIC.

Here we will see a large head, grey eyes, smooth face, small chest, rather large or fleshy joints, and generally a stoop when walking.

A person of this temperament is generally ingenious, always contriving and making some new invention.

This is generally the temperament of our great portrait and other painters ; their language is good, and their works of art are generally of the highest order ; their health is generally poor for want of exercise, and if they are not temperate in all things, their life is easily terminated.

The reader will now be able to judge for himself, when, and in what proportions the different temperaments exist in any individual, by study and a reference to what has already been said, and the directions before given. We will now give the temperaments of a few well known characters.

GENERAL JACKSON

was two parts Bilious, one Sanguine, and one Nervous. This gave him great command over his mind, considerable secretive-

ness, and a capability of enduring great hardship. He never tired, was bold and daring, and, in a measure, instilled the same feeling into those about him. He was headstrong and determined when he thought he was right—this came from his bilious; his sanguine gave him great energy and force of mind and body; while his high-toned principles of honor, that would not allow him to demean himself, arose from his nervous. All who knew him, knew him to be a coarse-made person, rather lean, and dark complexion, his hair in middle life was dark and coarse, showing the predominance of the bilious, while his gray eyes showed that sanguine and nervous formed part of his composition. No man was ever more persevering and firm; he kept the reins of government in his own hands, and what he said was law, and could not be altered, and he would generally be sustained in anything he undertook; he would in all cases enjoy his own fixed opinion, although the world was against him.

HENRY CLAY.

The temperament of Henry Clay was equal parts of sanguine, bilious and nervous. He had a good sized head and chest, a strongly marked countenance and grey eyes. As we have described this temperament in another place, to which the reader is referred, we will merely remark here, that it made him a high-minded, ambitious and persevering man (from his sanguine and nervous). He was shrewd and watchful, his words were soft but full of force, his arguments were impressive, and he would listen to the reasons and advice of others, but kept his own plans to himself.

DANIEL WEBSTER.

Says Dr. Smith: The temperament of Daniel Webster, as well as could be judged by seeing him at a distance, consists of equal parts of nervous and lymphatic; at all events, these temperaments greatly predominate; he has a large head, showing his great mental powers, and a large, heavy, though not corpulent body; his eyes are dark, and though truly a great man, it takes great subjects to awaken him; he thinks considerable of his stomach.

Webster will do his fighting in the legislative hall, or with his pen, and they must be subjects of magnitude or he will not fight at all; it must be some such occasion as a speech at Faneuil Hall, Bunker Hill, Baltimore, Rochester or Manchester, England. It is such occasions alone that can arouse him; he may be raised to power by the exertions of his friends, but will never raise himself. "What are you going to do with me, if I leave the State Department?" This question tells his true lymphatic temperament; before he lets go of one place, he wants to be sure of another

Jackson nor Clay would never have uttered such a sentence, they would have been independent of any such idea.

NAPOLEON BONAPARTE.

The predominating temperament of this individual was sanguine and nervous ; the movements of both his mind and body were rapid ; indeed, the predominance of any other temperament would never allow of such rapidity of thought and action. It is thought by some that he possessed a large share of bilious, but this is not so : for it is well known that his plan of action was almost invariably on the offensive, whereas, had he possessed precisely one-third bilious, they would as often have been on the defensive ; we could cite the reader to many of his acts during life which would all go to confirm this opinion.

We will now give the temperaments, according to our opinion, of a few well known scriptural characters.

THE APOSTLE PAUL.

Paul was evidently composed of bilious, sanguine and nervous, as no other combination would produce such a character as he exhibited ; he was high-minded, energetic, persevering, bold and determined, as well as shrewd and watchful, and a deep reasoner.

THE APOSTLE PETER.

The actions of Peter afford a very good illustration of a predominating sanguine temperament ; he was exceedingly free in expressing his feelings ; he professed unbounded attachment to his Master ; yet very shortly after, and at the impulse of the moment, he denied having any knowledge of him at all, and the next thing we know of him, he repented and wept bitterly ; it is evident that Peter was frequently urged to hasty and inconsiderate action.

KING SOLOMON AND DAVID.

Here we have two more illustrations of a predominating sanguine temperament, although they possessed a good share of nervous, and perhaps, a portion of bilious ; Solomon having the greatest share of the latter, for he dwelt more upon the value of wisdom ; while David, on the other hand, reflected more upon the beauties and excellencies of the character of the Deity, showing that he possessed the largest share of the nervous.

JOB.

The bilious temperament evidently predominated in Job ; he was firm to the very last ; he out-reasoned all his friends, and even his Satanic majesty himself could not move him ; on the other hand,

we see in the actions of his wife the predominance of the sanguine ; as her patience became exhausted, and was made manifest by telling or advising Job to curse God and die ; yet for all these things Job's resolution remained unshaken.

ON THE CULTIVATION OF THE TEMPERAMENTS.

The cultivation of the temperaments is in my opinion a subject of very great importance, and one which is intimately connected with the well-being of mankind. Every individual might very profitably spend a portion of his or her time in the prosecution of a study, the neglect of which entails upon individuals, as well as society, many very disagreeable consequences. I am aware that much time, labor and money are spent in the cultivation of the mental temperament, but there is seldom anything done for the cultivation or proper modification of the vital temperament. There is seldom a thought bestowed upon this subject by the great mass of mankind, the only care being to have enough to eat and to drink, no regard being paid to quality, provided it suits the taste ; and in many cases individuals thus grow up like the ox for the slaughter. The question is never asked whether such an article of diet is proper or improper for this or that constitution, as long as the stomach proves equal to the task of digesting it. But neither time nor space will permit us to enter into an enumeration of all the evils which daily result from a want of proper attention to this important part of the education and cultivation of man. Suffice it to say, that unless this question is more seriously considered by parents, guardians, &c., their efforts to cultivate, to a desirable extent, the mental faculties of the young, will, in the majority of instances, in a great measure prove fruitless. Sometimes, indeed, we see an individual whose condition of body is favorable to the development of the mental powers to the fullest extent, but in the majority of instances we think the reverse is the case, the mind being led captive by an ill-conditioned, uncultivated and ungovernable body. Indeed, the grand motto of many individuals appears to be to live to eat, instead of eating to live. Our aim then should be to cultivate the temperaments so as to bring about and establish at least a balance of power, or in other words an equilibrium between the mental and vital temperaments, for we will all agree that the mind ought to govern the body, a truth which cannot be said of the great mass of mankind, and one of which we have daily and ocular demonstration, one which greatly affects his present as well as future destiny.

RULES FOR THE CULTIVATION OF THE TEMPERAMENTS.

I. THE LYMPHATIC TEMPERAMENT.

In an individual in whom this temperament is pure or largely predominates, the sanguine and nervous ought to be cultivated, and in order to do that successfully, it will be necessary to observe strictly the rules which are here laid down for the accomplishment of that object.

First of all, then, such children or youths must not be suffered to indulge too freely in eating sloppy food, as this tends to encourage the lymphatic temperament; he must, therefore, be kept as much as possible on solid food, and to a child of about six years of age a little animal food might be given occasionally, and to a youth of about twelve, it may be given more liberally, and an adult should eat freely of it, particularly beef, mutton, veal, fowl, &c.; for animal food, by its stimulating properties, tends greatly to increase the sanguine, which will give force and energy to both his body and mind. I would here remark, that some individuals are strenuously opposed to the eating of meat in any case, but in this temperament it may be used with advantage while in an opposite one it will prove decidedly injurious, and it is thus that many people are led into error in such matters, by allowing custom and appetite to govern them instead of reason, observation and facts. Again, never allow him to drink more of any liquid than is necessary to satisfy the wants of nature, which want is always indicated by thirst, for youths will, as well as adults, soon acquire a habit of drinking a certain quantity at each meal, whether nature calls for it or not; this is hurtful to any one; neither must he be allowed to eat too much of anything at one time, as over-eating induces a feeling of lethargy, a feeling which is averse to exercise, and one which he already possesses too much of.

EXERCISE.

By ceaseless action all that is subsists;
Constant rotation of the unwearied wheel
That nature rides upon, maintains her health,
Her beauty, her fertility. She dreads an instant's pause,
And lives but while she moves.—*Cowper's Task.*

It is needless to multiply arguments in favor of Exercise, as it is pretty generally known that inactivity never fails to induce a universal relaxation of the solids encourages the Lymphatic habit and disposes the body to many diseases; consequently, an individual in whom this temperament predominates must never neglect to take plenty of exercise, if he would hope ever to be successful in cultivating an opposite one. The great ad-

vantage of exercise may be seen, if we consider that “the more exercise any person takes the larger is the quantity of oxygen he inhales, and the warmer he becomes ; so that the person who takes but little exercise, inhales but little oxygen, and loses, in a great measure, its strengthening agency. Exercise also contributes to the proper circulation of the blood, the brisk circulation of which animates the whole man, whereas deficient exercise weakens the circulation and relaxes the whole muscular system.

WATER.

I would also here recommend the external application of cold water, used in the form of a shower bath, which must be immediately followed by brisk friction with a coarse or crash towel, until the skin begins to grow red and assume an agreeable glow. This practice not only removes from the surface of the body every species of impurity, but also strengthens the lungs, quickens the circulation of the blood, and gives tone and energy to both the muscular and nervous system, and will aid considerably in increasing the opposite temperaments ; and will also tend to prevent scrofulous and other diseases, to which persons of a lymphatic habit are naturally predisposed, owing to the weakness of their blood.

EDUCATION.

His education must also be very strictly attended to ; for, as we have before remarked, such individuals are averse to labor of the mind as well as the body, in fact, its necessity must be urged upon him, and that kind of reading matter ought to be selected for him that would have the greatest tendency to elevate his mind. Finally, put him to some business that requires a good degree of energy, both of body and mind, and the result will be an improvement of both. Many children are allowed to run into the lymphatic habit, by being brought up on watery and sloppy food, with too little exercise.

If the above instructions are faithfully carried out, a change, and a permanent one, may soon be effected ; but, as a matter of course, the length of time required to produce this change will vary according to the age of the individual—a longer time being required for adults ; and for this last class of individuals there are some articles of medicine which might be very profitably used, such as the following :—Take rust of iron, three parts ; pulverized gum myrrh, one part ; mix, and make into pills, with castile soap and molasses ; two or three of which may be taken twice a day, and may be continued until a tinge of red is perceptible in the cheeks, when their use may then be sus-

pended. This medicine will aid very much in warming and strengthening the blood, increasing the circulation, and in imparting firmness to the muscular system. Medicine, however, will seldom or never be necessary, if the previous directions are faithfully observed.

Taken as a whole, the above means, if properly persevered in, will, in a reasonable length of time, produce a total and desirable change, both in the constitution and character of any individual of this temperament; and when this change is established, the individual's diet, exercise, etc., must be so ordered as to maintain and preserve it.

SANGUINE TEMPERAMENT.

Here we must cultivate the Bilious and Nervous; and in order to be successful we must keep steadily in view the reduction of the sanguine to a desirable condition. And here again we will find it to be of the first importance to observe a proper course of

DIET.

Indeed, in all cases where there is a strong predisposition to any given temperament, the nature of the food and drink most proper for such individuals is very clearly pointed out. It is very evident, then, that in this temperament, diet of a heating and stimulating nature must have a pernicious effect, as it urges into constant and unnatural exertion all the springs of life; and no individual can offer the slightest shadow of a reasonable excuse for indulging either themselves or those under their control, who are of this temperament, in the use of such diet; the circulation of the blood is already too rapid, together with a corresponding activity of all the vital powers, which, in such cases, entirely predominate over the mental; the result then of such a state of things must be obvious to every one, and will be found to correspond with the description already given of the character of this temperament.

Those parents who pamper the stomach of such children and youth with animal food, tea, coffee, and all manner of hot, spicy aliments, are not aware that they are accumulating for themselves and offspring a vast amount of trouble and vexation of spirit—that they are violating a law, the penalty of which will one day overtake them; for we contend that the violation of the physical laws, by which we are governed, is one great source of, and forerunner of the violation of the moral law. This, we think, cannot be denied. How frequently do we see parents—Christian parents, too—mourning over and lamenting the wayward dispositions of such youths, when, in reality, they themselves are the authors of the evils complained of. The human constitution is thus daily tampered with, disease is also created, and human depravity aggravated; and all these results are not unfrequently numbered with the

dispensations of Providence : neither do we consider it right for such individuals to pray against disease and peril, for by so doing they are literally tempting God to reverse the laws of the universe.

Man alone abounds in absurdities and inconsistency. He revels in the violation of the laws by which he is governed ; and to this cause, and to this alone, the great majority of the pain, wretchedness and woes of the human family may be justly attributed. "But," say some, "we did it ignorantly." We say, then, that in order to train up children in the way they should go, parents must become acquainted with the fact that, while they are cultivating the mental or nervous temperament, they must also cultivate and regulate the action of the vital temperaments.

The diet, then, of such individuals, ought to be exclusively vegetable, and is perfectly adapted to their constitution ; they should studiously avoid heating and stimulating food and drink, as they would their most deadly enemy. A vegetable diet, then, with milk and water for drink, is, we say, the proper aliment for such temperaments, and is sufficient to sustain them under any circumstances, however much the force of habit may have disposed them to think otherwise. By observing the course here recommended, the circulation of the blood will, as a natural consequence, be more moderate, the individual will not be so hastily propelled, but will be enabled to take time to think and reflect before speaking or acting. Parents may thus successfully cultivate the bilious in children and youths ; while adults, by having a knowledge of their own faults, failings, etc., together with the causes thereof, will be enabled to strike at the root of, and reduce that propensity which causes them to err, while at the same time they are cultivating those temperaments of an opposite character, which will, in a reasonable length of time, enable the mind to exercise entire control over the body. Such children and youths must be strictly governed ; the Nervous must be cultivated by education, and by instilling into their minds high moral and religious duties ; and, finally, make them acquainted with the peculiarities of their own constitution, together with the traits of character, etc., which accompany such : and by being aware of those important facts, they will thus, and at an early age, study to cultivate and improve themselves, and will grow up to be useful citizens and an honor to themselves and their parents ; for it is a lamentable and undeniable fact, that the great majority of individuals of this temperament live and die totally ignorant of the cause which propelled them through this life in such a dangerous manner, and at a rapid rate.

There are also some medicines which might be used by adults for the reduction of this temperament, such as the following : take nitre (saltpetre) in doses of from five to ten or fifteen

grains, three or four times a day. This medicine, taken in such doses, will be found to be perfectly safe, and will aid very much in reducing the heat of the body and the force of the circulation.

NERVOUS TEMPERAMENT.

In this temperament the mind is good, all we have to look after is the body. We must cultivate the sanguine to give force, energy, and power of endurance to the body, to enable them to carry out the dictates of the mind; to do which, the same course may be adopted that is recommended for the lymphatic.

BILIOUS TEMPERAMENT.

In an individual of this temperament the proper cultivation of the nervous or mental temperament is of the greatest importance. Moral and religious duties ought to be instilled into his mind in early life, as, when the character of such a person is once formed, it is seldom changed. This was the predominating temperament of Tom Paine and Voltaire, two prominent specimens of human nature improperly trained. Children of this temperament ought to be kept principally on solid vegetable food, too much sloppy food ought always to be avoided, as its tendency is to encourage too much the lymphatic. Such youths and adults will bear a reasonable proportion of animal food without any danger of encouraging the sanguine, so much as to occasion any over-activity of the brain, or of increasing to an ungovernable extent any of the passions. Indeed, the diet of such youths and adults will admit of variety, as they are not apt to indulge too freely in the use of food of any description; for, as we have before remarked, they care more for food for the mind than for the body.

THE VALUE OF THE SUBJECT.

We will notice a few of the advantages to be derived from a knowledge of the most interesting and valuable science, as time would not permit us to enter into an enumeration of all of them; nor do we deem it at all necessary, as they will naturally occur to the reflecting reader from time to time, according as he progresses in the acquirement of a knowledge of the general principles and features of the science; it will readily be observed by the discriminating reader, that the principles are real and not fanciful, that they are founded on philosophical and physiological facts, as immovable as the firmament itself. Unlike many of the humbugs with which the world has frequently been flooded, and whose conflicting and irreconcilable theories have invariably sunk to rise no more, upon coming in contact with truth, that great touchstone of philosophy, and to the severe test and scrutiny of which we are willing

to submit the theory or principle upon which our recently discovered science is founded, a science which, if properly appreciated, will prove of incalculable value to mankind. We would openly affirm, and without fear of contradiction, that it entirely supersedes Phrenology, as it does away with the necessity of grouping, or even seeing the organs of the head, in order to ascertain the character or disposition of any individual. It also enables us to account for the existence of many curious phenomena frequently found in human nature, and which have heretofore been entirely shrouded in mystery. Indeed, it is the natural key to the mind of man. Every individual is a natural physiologist to a greater or less extent; each one, as it were from natural instinct, forms opinions of those with whom they come in contact, at first sight, and that too, invariably by the physiological developments; nor do we believe, that an all-wise Creator ever designed to so construct man, that he should be enabled to successfully conceal, under his hat, his real and true character. Indeed some individuals possess so much of this instinct, so called, that as a general thing they will form pretty correct opinions; yet, a reason why or wherefore it is so, they do not profess to be able to give. Such individuals will readily become masters of this art or science, as they are always thirsting after such knowledge, and literally drink it in wherever they find it. Such persons are invariably great observers of human nature, and are greatly interested in such studies. Here then, we say, is the very science that such individuals want, as they will here find a reason, a why and a wherefore, upon which to found their judgments. It will thus be pleasing and agreeable to the mind to have certainties to rely upon, rather than conjecture and suspicion.

We think that if every individual was familiar with this science, and would make a proper use of it, it would be found that very unfavorable physiological developments, and such as are now frequently met with, would be very rare indeed; the result then, we think, would be a great improvement in the physical and moral condition of man. We conceive this to be the starting point for moral reformers, philanthropists, &c. First, let them expend some of the means and exertions now so liberally put forth for the removal of temptation, &c., in properly educating the masses, so that they may know themselves and become familiar with the laws by which they are governed; they will then be enabled to cultivate, improve and perfect themselves and offspring. This, we conceive, would be striking at the very root of many evils under which mankind ever have, and are still groaning, while generally all that is being done is to prune or lop off a branch here and there; like many physicians who apply all their remedies and direct all their efforts to the removal of effects, leaving causes to take care of themselves.

Some writers dwell much upon the solemn duty of society to set good examples, and to remove temptation to evil as far as possible. Now this, so far, is well enough, and we admire such benevolent efforts wherever we see them, but we cannot, as a matter of course, believe, that if ten times as much effort were put forth in the same direction, that it would remove one hundredth part of such evils. How, we would ask, can they be successful, since it is a fact that the community are still, through ignorance, and on a large scale too, manufacturing proper subjects, who will make it a study to offer temptation, and are always ready and willing themselves to partake of offered temptation with others. Now, if so much evil results from ignorance, to diffuse knowledge then must be the remedy. Such individuals are seldom turned aside by the influence of example, and seldom reform until by means of the constant drafts that are made upon their vitality, the constitution becomes exhausted, when they will, and as one of old has said, be ready to exclaim how have I hated instruction and despised reproof; it is then, and not till then, that reason can obtain an audience. This is characteristic of the sanguine temperament. Such individuals seldom embrace religious principles in their youth, and may be frequently heard to say, that such serious reflections

are only proper for the afflicted or the aged and infirm, and will frequently make light, if not mockery of religious instruction. It is of little use to address the minds of such individuals, until their vitality or sanguine is pretty well exhausted, for they are propelled by an irresistible power, like the locomotive or the steamboat.

We see, then, the great importance of keeping the vital temperament under proper subjection—a thing which never can be done by such individuals without a familiarity with and submission to the organic or physical laws by which they are governed—but they not only themselves suffer the penalty of violated law, for the innocent also frequently suffer; for instance, an individual, from improper living, contracts disease—his children, however temperate, may be afflicted with that same disease, as we know that many individuals are afflicted with hereditary diseases. This is no doubt the explanation of that passage of Scripture in which Jehovah declares that he will visit the iniquities of the fathers upon the children. I have just been looking over a little paper which is published in the City of New York, entitled “The Advocate of Moral Reform,” and in which I have observed some editorial remarks on licentiousness, the haunts of dissipation, &c., together with some means for the prevention of such; the means, however, consist as usual, in mental culture and example, remedies which, for aught we know, have been resorted to in all ages of the world. Mental cultivation, as we have already remarked, is absolutely necessary, but we do not apprehend that a knowledge of geometry, mathematics, or astronomy, &c., will enable us to govern our passions and overcome temptation; neither will always a knowledge of right and wrong. As examples are not wanting to establish the truth of this assertion, we have Solomon, David, and many of old, as well as hosts of others at the present day. We do not believe that the remedy for the various crimes is wholly to be found in mental cultivation and example, or the nature of the punishment or penalty attached to such crime. Do not mankind almost daily witness the pain, suffering, premature, and in many instances violent death, of their fellow men; and yet do they not straightway follow in their footsteps regardless of consequences? Now this science plainly points out the character of some of the causes which are actively engaged in this work, or the production of such evils. It is evidently of more importance to know how to prevent crime than to punish it. Very depraved characters, and who are made so by improper training, are seldom benefitted by any change of outward circumstances, unless those circumstances tend to modify the character.

The following is a specimen of the effect of example upon those individuals in whom the vital temperament largely predominates. A writer in speaking of the scene at an execution which took place in the city of London, thus remarks: “Not a great number of spectators were admitted, but we understood that even before the victim was taken down from the gallows there stood among the convicts, in the galleries of the building, as well as among the rabble who were looking in at the front gate, some who were seen talking and laughing in the most indecent manner.” The same writer adds that similar testimony could be presented were it necessary.

But a knowledge of this science will not only teach us how to properly cultivate ourselves and offspring, but can be applied to many other useful purposes. It will enable us to understand the characters of those with whom we associate, and is also of great value to all classes of employers, as they will be better able to select such individuals as are best qualified to perform any piece of labor, or occupy any given situation; also to the physician, the attorney, the minister of the gospel, &c. It will enable the latter to become at once familiar with the characters of those who compose his congregation, their besetting sins, &c.; he will therefore be better able to

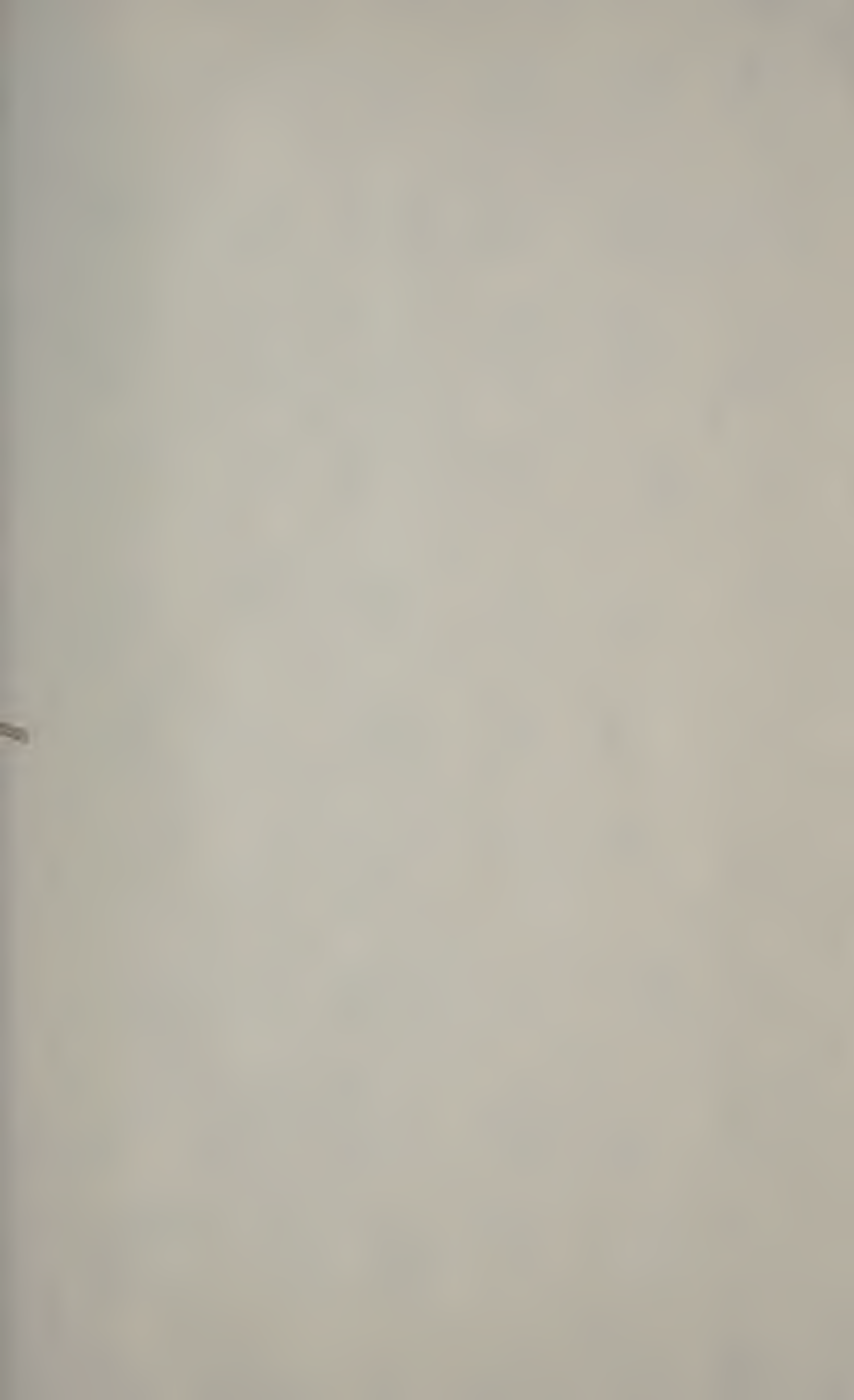
judge what quality of spiritual food may be most profitably administered, and is best adapted to the wants of each individual under his pastoral care.

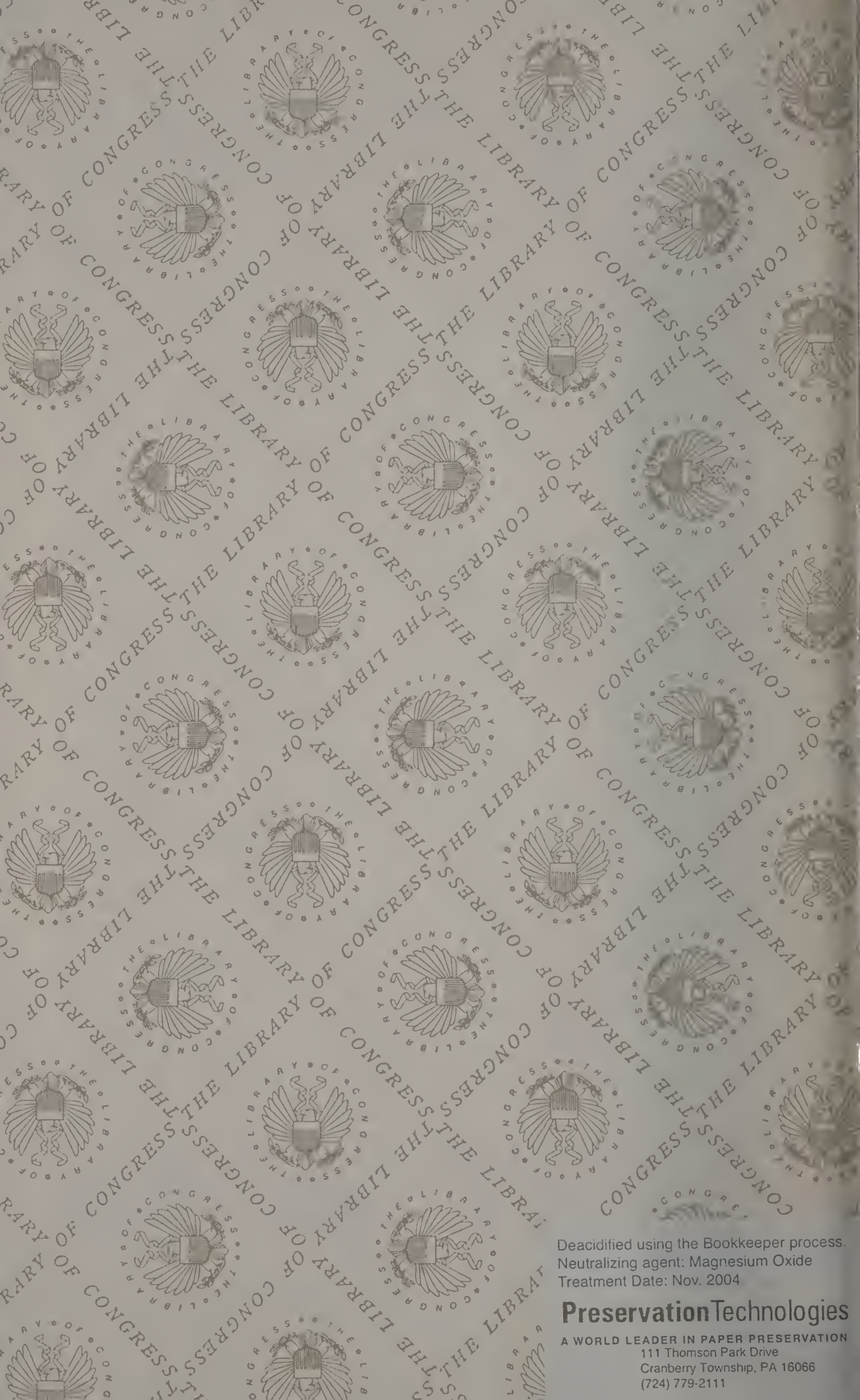
Again, by a knowledge of physiology, the schoolmaster will be enabled to adopt that mode of government which will be most successful in securing the obedience and furthering the interests of the various individuals under his instructions; whereas, as it now is done, one mode of government is generally adopted and administered to all. This hint will also apply to parents. If this science was introduced into schools, and made a part of the education of every individual, we think it would be attended with the very best results, and in our opinion a great change in the moral state of society would soon become visible. It may easily be imagined, that if each of those individuals, who compose the larger classes, were familiar with the peculiarities of their own physical and mental qualities, as well as those of others, and also with the fact that others were familiar with his as well as their own, and how to improve them, that each one would be stimulated to cultivate and effect the most desirable change in himself. We can, therefore, easily see that in this department, as well as every other, the physiologist has entirely the advantage of the phrenologist; for there is no such thing as concealing dispositions under long hair, &c., from the scrutiny of the physiologist.

Also, a great deal of the unhappiness, which is frequently found in married life, might be avoided, as it will enable each individual in selecting a partner for life to recognize one of the most congenial spirit, and with whom he could spend his days most agreeably. It will not be denied, that a great proportion of the unhappiness which exists in married life, may be attributed to the discoveries that are constantly being made of the great difference of disposition. Then comes accusations of deception, followed, in many instances, by bitterness and strife; for lovers, generally speaking, naturally live in a state of deception, although it may, in many instances, be in one sense quite unintentional; for where there exists a strong desire to please, there also exists a strong desire to keep one's faults in the back-ground, and exhibit only the most pleasing traits of one's character. It will also enable parents to select for their children that kind of business, trade, or profession for which the natural genius of each one is most suitable; for, in this respect the most greivous mistakes are frequently made, and is one great cause of the unhappiness of many individuals. How oft do we hear the following remark: "I never fancied my business, I am not at all adapted for it, I never would have chosen it, it was altogether against my wishes, but my father insisted upon it, &c." The result is, that such individuals will seldom succeed or excel in such trade or profession, and will frequently dwell upon the subject with feelings of dissatisfaction, and will ever be studying and endeavoring to work his way out of it, and in some instances will give it up in disgust, and in the moment of perplexity or despair will decide upon some other, and perhaps ruinous course, by which he may maintain himself. Many good minds have been worse than lost in this way, and from this cause alone. Now, we apprehend that if parents were familiar with this science, that such occurrences would be altogether less frequent.

I will now leave the subject, having no time at present to pursue the study of it any farther. I have endeavored to make it plain and perspicuous, by avoiding, as much as possible, the use of all such terms as are out of the reach of common intellects, for the reason that it is designed for all classes of people. I think that no one will deny, but that a knowledge of such a science would be of great importance to every one, and I think that the more it is studied the more it will be appreciated.

I would here remark, before I leave the subject, that in some instances a want of connection may be noticed; this defect I must attribute to the want of time and frequent interruptions; yet it does not in any degree detract from the value of the matter, and renders it none the less comprehensible. I design publishing, as soon as circumstances will permit, a larger edition, at least double the size of the present one.





Deacidified using the Bookkeeper process.
Neutralizing agent: Magnesium Oxide
Treatment Date: Nov. 2004

Preservation Technologies

A WORLD LEADER IN PAPER PRESERVATION
111 Thomson Park Drive
Cranberry Township, PA 16066
(724) 779-2111

THE HENRY BIRD
AUG 69
N. MANCHESTER,
INDIANA

LIBRARY OF CONGRESS



0 013 500 862 A